

ABSTRACT

The method of the present invention provides a method for rapid bowel clean-out using a water-soluble mixture of polyethylene glycol powder and a sodium phosphate powder. The sodium phosphate powder stimulates short-term hypermotility of the intestines. The polyethylene glycol maintains the hypermotility of the intestines started by the sodium phosphate powder. The disclosed method is particularly useful for preparing the bowel prior to surgery or diagnostic procedures such as colonoscopies. No osmotic imbalance necessitating the administration of electrolytes is induced.